How to Fit a Bicycle Helmet

Adjust the helmet so it fits snugly and covers the forehead.







- Tighten the chin strap enough to keep or backward. the helmet from slipping too far forward
- If you need to, use the foam pads that come with the helmet to make it fit
- Always buckle the chin strap
- If your helmet gets damaged in a crash, don't use it again. Buy a new helmet.

More Tips

- Never use a hockey or baseball helmet head right. for bike riding. They won't protect your
- Put your name and phone number inside get into a crash. your helmet in case it gets lost or you

www.health.utah.gov/vipp 538-6864. Or visit us on the web at and injury Prevention Program at (801) call the Utah Department of Health Violence For more information on bicycling safety,

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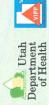
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helmet is the best tool to help you survive, and a helmet that fits right kids are hurt in bicycle crashes. A Every year more than 600 Utah can reduce your risk of head Injury by 85%. Smart riders always wear a



- Defore you buy, let your child try choose a favorite. Kids are more lkely to wear helmets they've a few different helmets and chosen themselves.
- Set an example: Children are more likely to wear helmets if their parents do.
- Duy a helmet that fits your child now, not a helmet to "grow into."







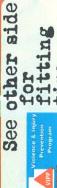






See other side fitting

ddli Department of Health



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for fitting tips...

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See other side for fitting tips...